



# Bright Star Exercise Preventive Medicine Measures

Name  
Command  
Contact Information



Prepared by:  
U.S. Army Center for Health Promotion and Preventive Medicine  
(800) 222-9698/ DSN 584-4375/(410) 436-4375  
<http://chppm-www.apgea.army.mil/>

# AGENDA

- Purpose
- Background
- Review of Guide to Staying Healthy
- Preparation for Deployment
- Deployment
- Post Deployment
- Summary
- Conclusion



# PURPOSE

Inform Deploying Personnel  
(Military and Civilian) of the  
Potential Health Hazards and the  
Individual Countermeasures  
Necessary to Assure Personal  
Safety and Health




# BACKGROUND

- Bright Star usually occurs every other year; in conjunction with the Egyptian government
- Environmental and occupational health hazards are a potential medical threat to deployed



**Historical accounts of wars, battles, and military training consistently relate that the greatest loss of forces was not caused by combat wounds - rather the majority of losses were the result of disease and non-battle injury (DNBI)**

# STAYING HEALTHY GUIDE

- Unfold YOUR *Guide to Staying Healthy*
  - Personal Protective Measures (PPM)
    - Individual Countermeasures
  - Reference Guide for this Briefing
- 

**This guide is for use by all active/reserve component military, civilian, retiree, and contractor personnel. Any individual who trains and prepares for, or participates in any type of military operation should keep and refer to this guide.**

# PREPARING TO DEPLOY

- Medical, Dental & Vision Screening (Soldier Readiness Processing)
- Prepare clothing and gear and personal hygiene items
- Complete Pre-deployment Health Assessment (DD Form 2795)

**SOLDIER HEALTHCARE  
READINESS**

**During medical screening, discuss prescribed medications with the examiner; obtain at least 90-day supply of medications**

# PREPARING TO DEPLOY

## ADDITIONAL PACKING ITEMS:

- Cotton underwear (10 changes)
- Birth control supplies
- Personal Hygiene Products
- Anti-fungal cream/powder & shower shoes
- Insect repellent, sunscreen, eye and hearing protection, lip balm, skin lotion



**If you need medications or hygiene items which may not be available through normal supply systems, obtain a 6-month supply, or enough for the duration of the operation**

# PREPARING TO DEPLOY FEMALE CONSIDERATIONS

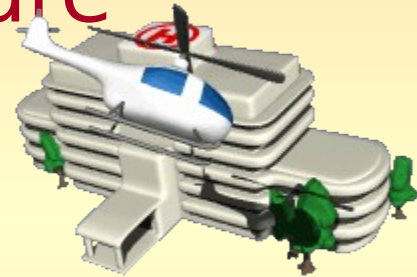
- Birth control pills
- Feminine Hygiene Products (non-deodorant tampons, sanitary napkins, panty liners; menstrual cramp reliever)
- Yeast infection medication (two courses of vaginal treatment)
- Portable Urinary Device
  - For use by female personnel to reduce time needed to urinate and resolve privacy issues when latrines are not available (convoys, field operations) NSN: 8530-01-470-2805

**If using birth control pills, continue as prescribed to regulate menstrual cycles and avoid problems resulting from inconsistent use**



# DEPLOYMENT HEALTH CARE

- Know where to seek health care when deployed
- May or may not be through same channels as your home station
- Maintain your health and seek care whenever an illness or injury occurs



# PREVENTIVE MEDICINE COUNTERMEASURES

- **Medical Tests – All Personnel**
  - PPD – Purified Protein Derivative (TST – Tuberculin Skin Test)
    - Within 12 months prior to deployment
    - **AND** At time of redeployment
    - **AND** Again between 3-6 months after redeployment
  - HIV – Human Immunodeficiency Virus
    - Within 6 months prior to deployment



**TEST RESULTS**

# IMMUNIZATION REQUIREMENTS

- **All Personnel**

- Hepatitis A
- Typhoid
- Tetanus-diphtheria
- Yellow fever
- Meningococcal
- Influenza
- Measles, Mumps, Rubella (MMR)
- Polio



- **Selected Personnel**

- Hepatitis B (medics, MPs, firefighters, combat lifesavers)
- Rabies (occupational risk of exposure)
- Pneumococcal (asplenic personnel)
- Anthrax (as directed from higher)
- Smallpox (as directed from higher)

**Confirm requirements with medical authority or OPORD**

# FIELD SANITATION TEAM

- Field Sanitation Teams (FST) train service members in Preventive Medicine Measures (PMM) and advise the commander and unit leaders on implementation of unit-level PMM.
- Know who the members of your Field Sanitation Team are PRIOR to deployment
- The FST can assist in preventing medical threats to your health
- Deploy with all FST equipment



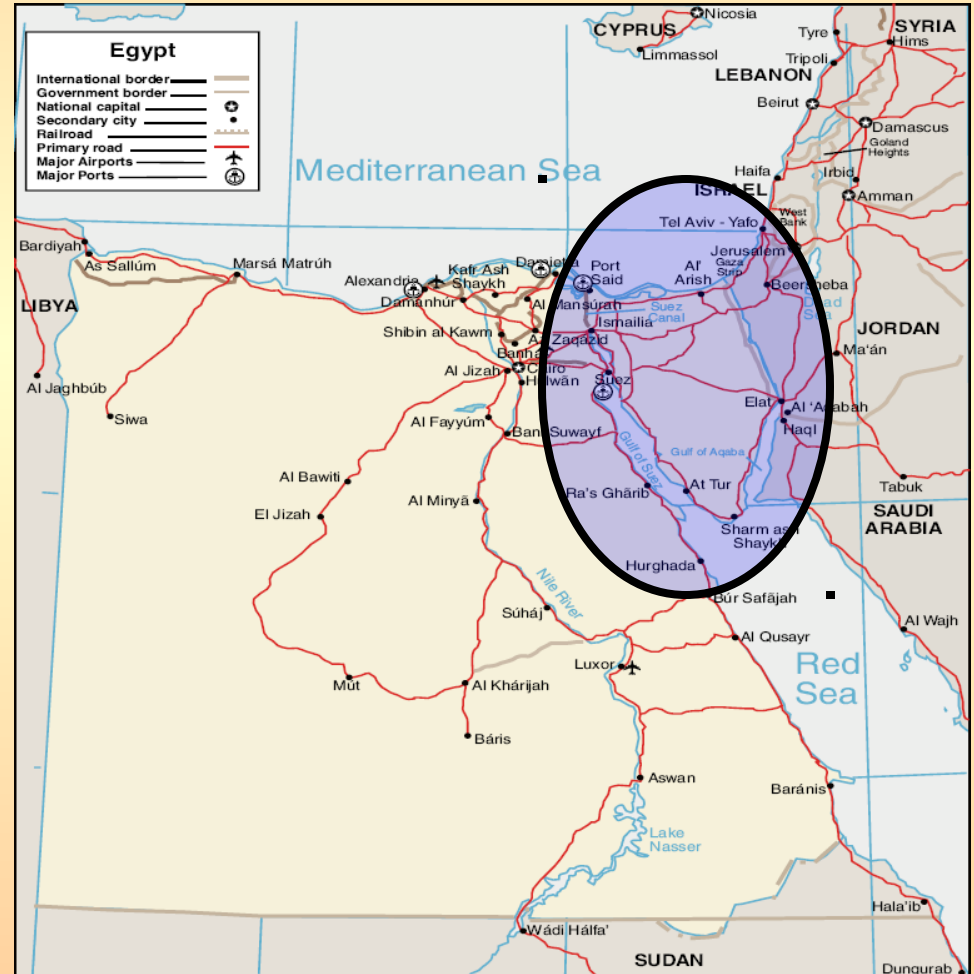
**Failure to apply the principles of PMM can result in mission failure**



**DEPLOYMENT**

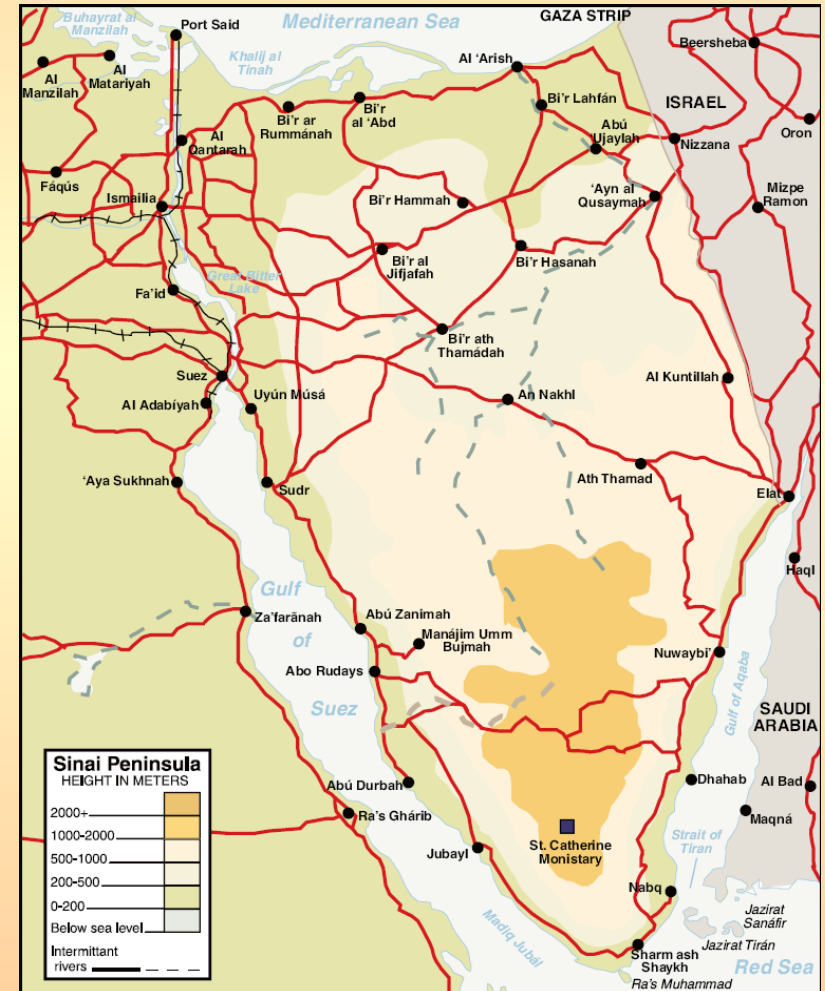
# EGYPT (THE SINAI)

- Largest Arab population in the world
- Pollution becoming a significant



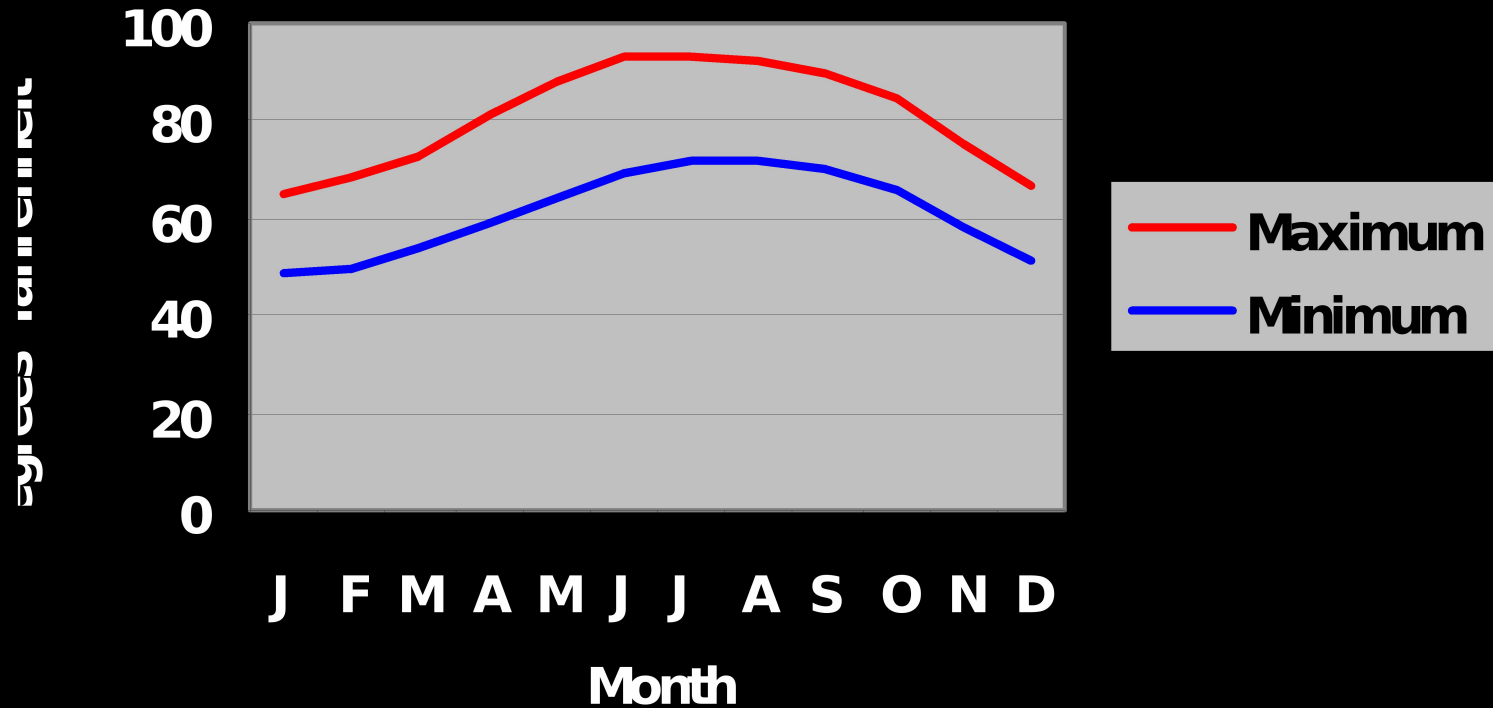
# PHYSICAL ENVIRONMENT

- **Topography**
  - Mostly desert
  - 8,500 ft in the southern Sinai
- **Climate**
  - Intense sun
  - Severe shortage of rainfall
  - Extreme temperature variations in the desert; 50 degrees F in a 24hr period
  - Summer winds may raise temperature 36 degrees F in less than 2 hours



# PHYSICAL ENVIRONMENT

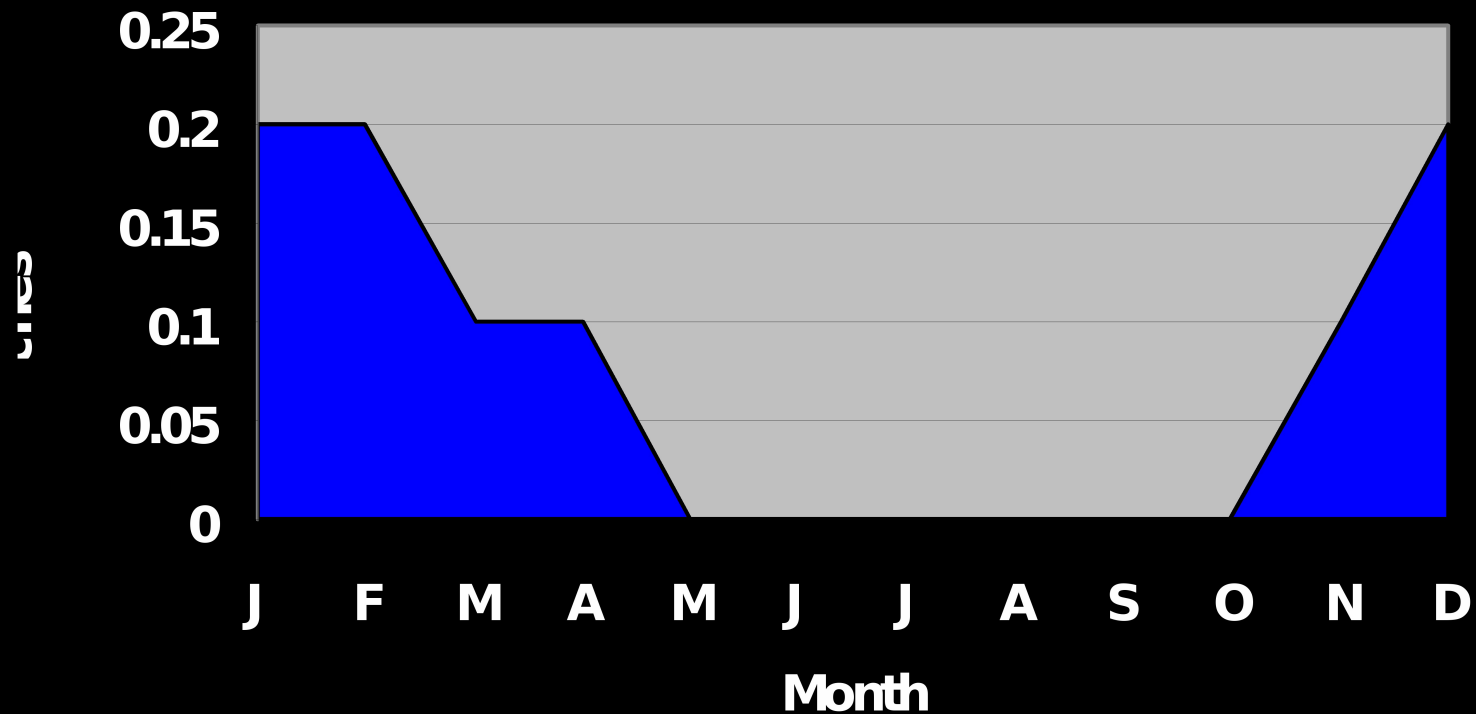
Average Max/Min Temperature in Cairo





# PHYSICAL ENVIRONMENT

Average Total Precipitation in Cairo



# CARBON MONOXIDE

- Carbon monoxide (CO) is a colorless, odorless, and tasteless gas produced by engines, stoves, and gas/oil heaters.
- CO replaces oxygen in the body, causing headache, sleepiness, coma, and death.

## COUNTERMEASURES

- Keep sleeping area windows slightly open for ventilation and air movement.
- DO NOT sleep in vehicles with the engine running or use engine exhaust for heat.
- DO NOT park vehicles near air intakes to tents, trailers, or environmental control units.



**Do not use unapproved commercial off-the-shelf heaters. Check with your unit Safety Officer.**

# COLD INJURY PREVENTION

- Hypothermia, Frostbite, Chilblains

## COUNTERMEASURES

- When possible, remain inside warming tents/buildings and drink warm, non-caffeinated liquids for relief from the cold
- If working outside or on guard duty, insulate yourself from the ground and wind. Rotate duty as frequently as mission allows.
- Properly wear the Extended Cold Weather Clothing System



**You should receive annual unit training on prevention of cold injury**

# COLDER

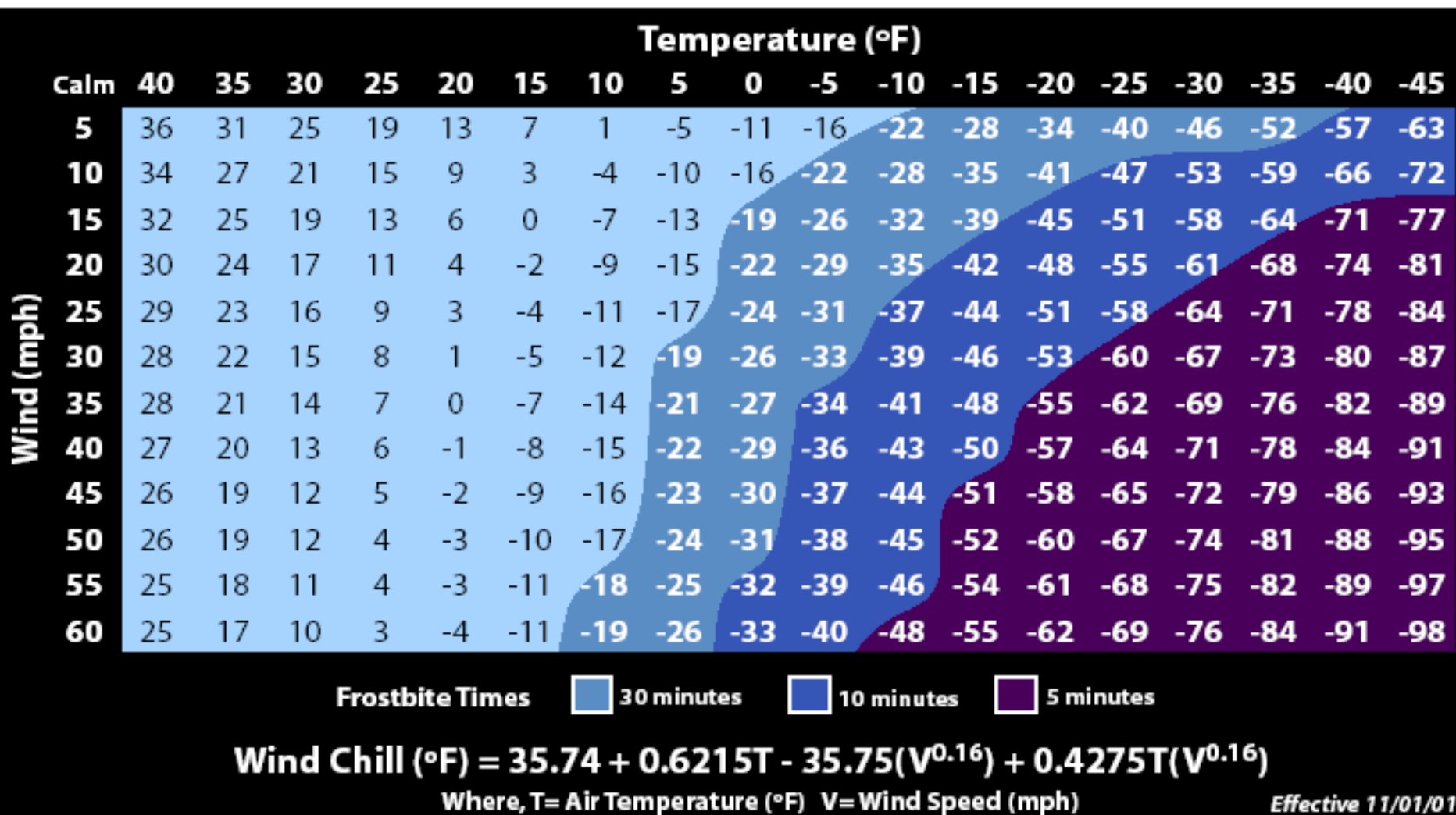
- C:** Keep clothing Clean
- O:** Avoid Overheating.
- L:** Wear clothing Loose and in layers
- D:** Keep clothing as Dry as possible
- E:** Examine clothing (holes, tears, broken fasteners)
- R:** Repair or replace damaged clothing



**Notify your first-line supervisor if you have had a previous cold injury. Use the buddy system.**



# Wind Chill Chart



**WET SKIN CAN SIGNIFICANTLY DECREASE THE TIME FOR FROSTBITE TO OCCUR**



# HEAT INJURY PREVENTION

- Heat Cramps, Exhaustion, or Stroke

## COUNTERMEASURES

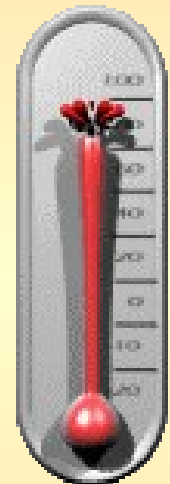
- Drink fluids continuously (hourly fluid intake should not exceed 1.5 quarts, daily fluid intake should not exceed 12 quarts)
- Maintain acclimatization
- Protect yourself from exposure to sunlight and wind
- Maintain good physical condition
- Establish work/rest schedules
- Wear proper clothing
- Participate in training



**You should receive annual unit training on prevention of heat injury. Heat injuries are preventable!**

# HEAT

- H:** Heat category – WBGT Index
- E:** Exertion level (prior 3 days)
- A:** Acclimatization
- T:** Tables – Water/Work/Rest



## REMEMBER

**Water requirements are not reduced by any form of training or acclimatization.**

**Units which have soldiers who do not drink because they do not have opportunities to urinate have a leadership problem.**



# Work/Rest and Water Consumption Table

*Applies to average sized, heat-acclimated soldier wearing BDU, hot weather. (See TB MED 507 for further guidance.)*

| Easy Work   | Moderate Work  | Hard Work  |
|---|--|--|
| <ul style="list-style-type: none"> <li>• Weapon Maintenance</li> <li>• Walking Hard Surface at 2.5 mph, &lt; 30 lb Load</li> <li>• Marksmanship Training</li> <li>• Drill and Ceremony</li> <li>• Manual of Arms</li> </ul> | <ul style="list-style-type: none"> <li>• Walking Loose Sand at 2.5 mph, No Load</li> <li>• Walking Hard Surface at 3.5 mph, &lt; 40 lb Load</li> <li>• Calisthenics</li> <li>• Patrolling</li> <li>• Individual Movement Techniques, i.e., Low Crawl or High Crawl</li> <li>• Defensive Position Construction</li> </ul> | <ul style="list-style-type: none"> <li>• Walking Hard Surface at 3.5 mph, ≥ 40 lb Load</li> <li>• Walking Loose Sand at 2.5 mph with Load</li> <li>• Field Assaults</li> </ul> |

- The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hrs of work in the specified heat category. Fluid needs can vary based on individual differences ( $\pm \frac{1}{4}$  qt/hr) and exposure to full sun or full shade ( $\pm \frac{1}{4}$  qt/hr).

- **NL** = no limit to work time per hr.

- **Rest** = minimal physical activity (sitting or standing) accomplished in shade if possible.

- **CAUTION: Hourly fluid intake should not exceed 1½ qts.**

*Daily fluid intake should not exceed 12 qts.*

- If wearing body armor, add 5°F to WBGT index in humid climates.

- If doing Easy Work and wearing NBC (MOPP 4) clothing, add 10°F to WBGT index.

- If doing Moderate or Hard Work and wearing NBC (MOPP 4) clothing, add 20°F to WBGT index.

| Heat Category | WBGT Index, F° | Easy Work       |                      | Moderate Work   |                      | Hard Work       |                      |
|---------------|----------------|-----------------|----------------------|-----------------|----------------------|-----------------|----------------------|
|               |                | Work/Rest (min) | Water Intake (qt/hr) | Work/Rest (min) | Water Intake (qt/hr) | Work/Rest (min) | Water Intake (qt/hr) |
| 1             | 78° - 81.9°    | NL              | $\frac{1}{2}$        | NL              | $\frac{3}{4}$        | 40/20 min       | $\frac{3}{4}$        |
| 2<br>(GREEN)  | 82° - 84.9°    | NL              | $\frac{1}{2}$        | 50/10 min       | $\frac{3}{4}$        | 30/30 min       | 1                    |
| 3<br>(YELLOW) | 85° - 87.9°    | NL              | $\frac{3}{4}$        | 40/20 min       | $\frac{3}{4}$        | 30/30 min       | 1                    |
| 4<br>(RED)    | 88° - 89.9°    | NL              | $\frac{3}{4}$        | 30/30 min       | $\frac{3}{4}$        | 20/40 min       | 1                    |
| 5<br>(BLACK)  | > 90°          | 50/10 min       | 1                    | 20/40 min       | 1                    | 10/50 min       | 1                    |

For additional copies, contact: U.S. Army Center for Health Promotion and Preventive Medicine Health Information Operations Division at (800) 222-9698 or CHPPM - Health Information Operations@apg.amedd.army.mil.

For electronic versions, see <http://chppm-www.apgea.army.mil/heat>. Local reproduction is authorized.

June 2004



CP-033-0404



# SUNBURN

- Prevent overexposing skin and eyes to solar radiation and wind

## COUNTERMEASURES

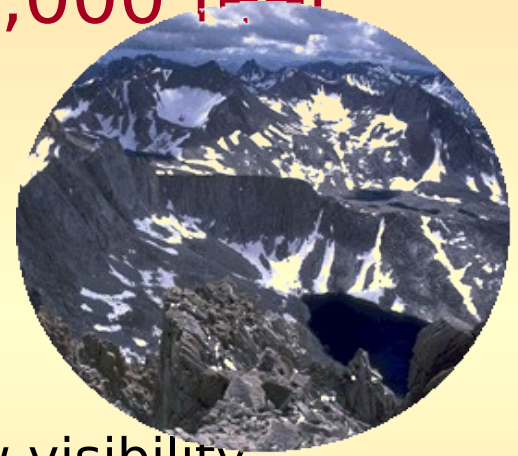
- Use sunscreen and lip balm
- Use protective eyewear
- Limit exposure
- Cover nose and mouth to limit drying



**Sunburn reduces soldier readiness and increases the likelihood of skin cancer.**

# HIGH ELEVATIONS

- High Altitude-elevations over 6,000 feet
  - High Altitude illnesses can kill
  - Stage ascents over time
  - Environmental conditions are more severe at higher elevations
    - Lower oxygen levels (“thin air”)
    - Colder temperatures, high winds, low visibility
    - Ice, snow, rocks, avalanches
  - Remain well hydrated



**Be observant of the common symptoms of mountain sickness: headache, nausea, vomiting, dizziness, fatigue, irritability, and coughing. Seek medical attention immediately if you experience any of these symptoms.**

# SAND, DUST, AND WIND

- Sand, wind, and dust cause health problems, particularly to skin, eyes, throat and lungs
- High winds create flying object hazards which may not be visible in blowing sand or dust
- Wash daily, especially body areas that collect dust and sand
- Protect lips with lip balm and use moisturizing skin lotion on your hands to prevent cracked, chapped fingers
- Shield your face with cloth materials to protect from blowing dust and sand
- Protect your eyes





# ENVIRONMENTAL HEALTH RISK

- Greatest short term risks associated with ingestion of contaminated food/water; extreme heat/cold; airborne particulates; high altitude
- Greatest long term risks associated with consuming food contaminated with toxic metals or pesticides



# INFECTIOUS DISEASE RISK

- **INTERMEDIATE RISK** for infectious diseases
- Inadequate force health protection (FHP) measures, will adversely impact mission effectiveness

# INFECTIOUS DISEASES

- Foodborne and Waterborne Diseases
  - **HIGH RISK** = Diarrhea, hep A, typhoid fever
  - **INTERMEDIATE RISK** = brucellosis, hep E
- FHP Priorities
  - **Deploy appropriate PM personnel and equipment**
  - Consume food, water, ice only from US-approved sources
  - Operate food preparation facilities in accordance with Army doctrine
  - Ensure proper hand washing facilities near all latrines and dining facilities and enforce





NOT AN APPROVED SOURCE





# INFECTIOUS DISEASES CONT.

- **Vector-borne Diseases**

- **INTERMEDIATE RISK** = Crimean-Congo fever, Leishmaniasis, Malaria, Rickettsioses, Rift Valley fever, Sand-fly fever, Sindbis, Typhus (murine), West Nile fever

- **FHP Priorities**

- Use DEET on all exposed skin
- Treat field uniforms with permethrin
- Use bed nets in field conditions, treat with permethrin
- **Enforce malaria chemoprophylaxis as appropriate**



# PERSONAL PROTECTIVE MEASURES



**Permethrin  
On  
Uniform**



**DEET On  
Exposed  
Skin**



**Properly  
Worn  
Uniform**

**MAXIMUM  
~~PRO~~TECTION**

**DOD Insect Repellent System**

**YOU NEED TO KNOW...**

**Dry cleaning removes permethrin from the uniform**

# INSECT REPELLENTS FOR SKIN AND CLOTHING

## DEET lotion



NSN 6840-01-284-

2002



- Apply a thin coat to **EXPOSED** skin
- One application lasts up to 12

## Permethrin

- Individual Dynamic Absorption Kit (IDA)
- Treatment lasts for for over 50 launderings



NSN 6840-01-345-0237



NSN 6840-01-278-1336

- Aerosol spray can
- Treatment lasts through 5-6 washes

# OTHER INDIVIDUAL COUNTERMEASURES

- **Wash and inspect your body for insects/ticks and bites daily**
- **Use buddy system to check clothing routinely**
- **Laundry uniform routinely to remove insects and eggs**
- **Order a permethrin-impregnated bed net for use while sleeping**
  - **Otherwise, treat a bed net before use by spraying the outside of the net with permethrin**
  - **Tuck edges under cot or sleeping bag**
  - **Don't let net touch your skin while you sleep**

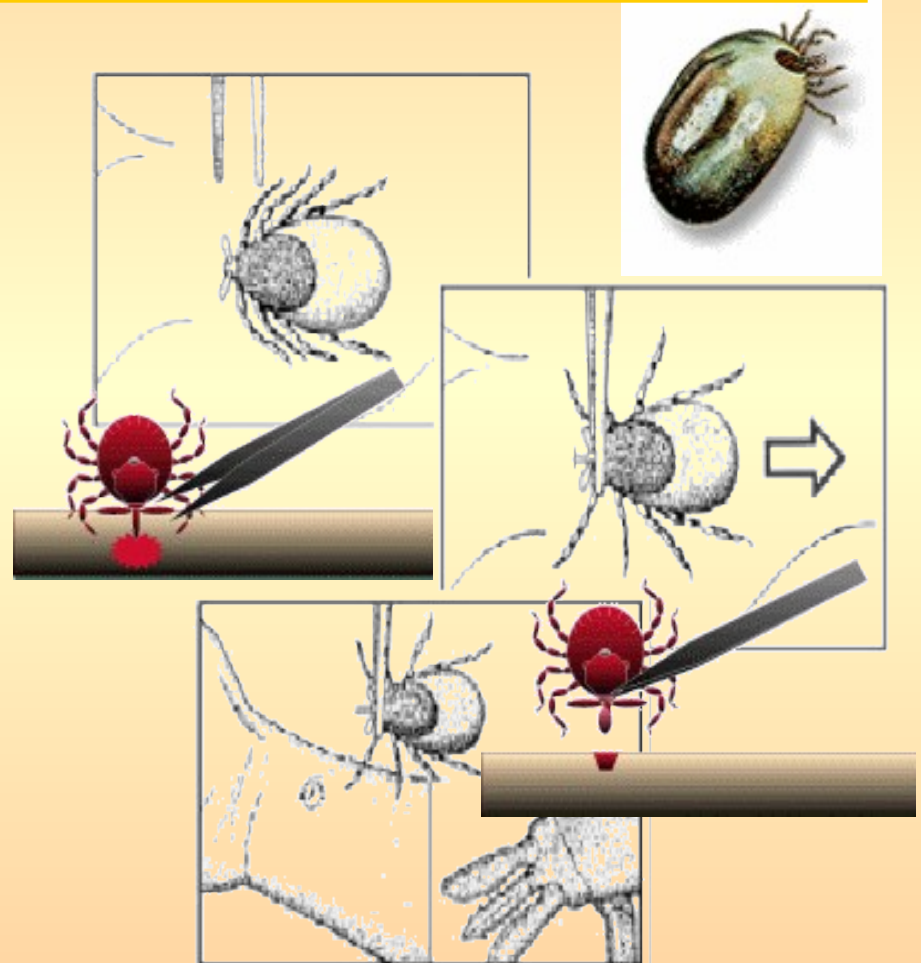


**NSN 3740-01-516-4415**



# TICK REMOVAL PROCEDURES

- Use fine-tipped tweezers to grasp mouthparts
- Grasp mouthparts against skin surface
- Pull back slowly and steadily with firm tension
- Avoid squeezing tick
- Wash wound and apply an antiseptic





# INFECTIOUS DISEASES CONT.

- **Animal-contact Diseases**
  - **INTERMEDIATE RISK** = Anthrax, Q-fever, Rabies
- **FHP Priorities**
  - Avoid animal contact
  - No mascots
  - Report all animal bites and scratches



# INFECTIOUS DISEASES CONT.

- Sexually Transmitted Diseases
  - **INTERMEDIATE RISK** = gonorrhea, chlamydia, HIV, Hep B
- FHP Priorities
  - Avoid sexual contact
  - Use latex condoms if sexually active





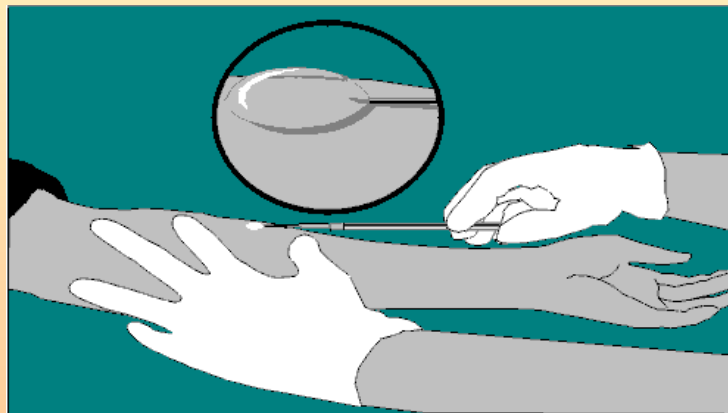
# INFECTIOUS DISEASES CONT.

- Water-contact Diseases
  - **HIGH RISK** = schistosomiasis
  - **INTERMEDIATE RISK** = leptospirosis
- FHP Priorities
  - avoid unnecessary contact with lakes, rivers, streams, and other surface water



# INFECTIOUS DISEASES CONT.

- Respiratory Diseases
  - **INTERMEDIATE RISK** = tuberculosis, meningococcal meningitis
- FHP Priorities
  - Tuberculin skin test before and after deployment
  - Avoid close contact with local population



# HAZARDOUS ANIMALS & PLANTS

- **Animals**

- Snakes, centipedes, scorpions, spiders

- **Plants**

- Avoid unfamiliar plants

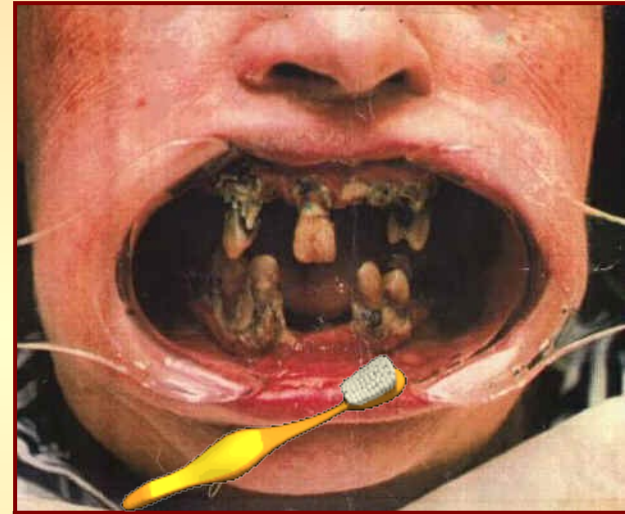
- **FHP Priorities**

- Do not handle animals
- Shake out boots, clothing, & bedding
- Do not touch, chew, eat, or burn unfamiliar plants



# ORAL HEALTH

- Deploy with:
  - Toothbrush
  - Dental Floss
  - Fluoride Toothpaste
- Brush twice-daily
  - Daily in difficult tactical environments
- Floss daily
- Seek medical attention at the onset of any dental problems



# SPIRITUAL HEALTH

- Maintain personal prayer/meditation
- Obtain and read wholesome religious/spiritual literature
- Attend religious/spiritual group discussions/studies
- Process anger, fear, anxiety & guilt through personal & group spiritual/religious activities
- Keep in touch with spiritual advisors/chaplains



# NUTRITION

- Drink fluids regularly (hourly fluid intake should not exceed 1.5 quarts, daily fluid intake should not exceed 12 quarts)
- Maintain weight; do not avoid food or attempt weight loss during a deployment
- Work in cold weather can increase energy needs by 10-25%
- Operations in high-altitude areas can increase energy needs by 50% or more





# SMOKING

- March – August 2003: 19 cases of severe pneumonia in service members deployed to Southwest Asia
  - 16 smokers, 8 *began smoking during this deployment*
  - Two pneumonia deaths
- January 2004: 2 new severe cases of pneumonia
  - *Both began smoking during this deployment*



**If you don't smoke, don't start during a deployment.**

**If you do smoke, quit.**

# STRESS

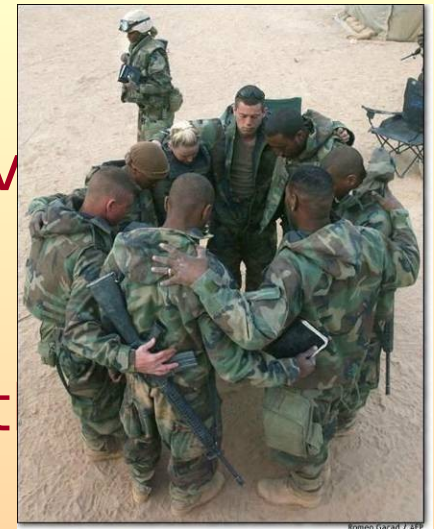


- Operational stressors
- Different types and intensities
- Recognize the symptoms of depression
- Seek or encourage help
- Take steps to reduce operational stress

**Stress can be intensified for personnel who are exposed to or observe human suffering and/or death**

# IMPROVE RESISTANCE TO STRESS

- Fear and physical signs or symptoms of stress are normal reactions before and during combat or other dangerous/life-threatening situations
- Talk about what is happening with your buddies
- Learn ways to relax quickly
- Quickly integrate new replacements
- If you must join a new group, be active in establishing friendships
- Give each other moral support
- Care for your buddies and work together





# HEARING CONSERVATION

- Loud noise causes permanent hearing loss

## COUNTERMEASURES

- Have your hearing protection with you at all times and use it
- Be sure your ear plugs, noise muffs or helmets fit properly and are in good condition
- Avoid noise or limit time around noise to only critical tasks



Combat  
Arms  
Earplug

NSN 6515-  
01-466-



Authorized  
wear

DAW AD 670-1

**If you have to raise your voice to be understood,  
it is too noisy.**

**Put on hearing protection.**

# VISION CONSERVATION

- **Preventive Measures and Eye Protection**

- Contact lens use is prohibited for use in environments where exposure to smoke, toxic chemical vapors, sand, or dust occurs
- If required, maintain 2 pair of glasses and 1 protective mask insert
- Use eye protection when in any potentially eye hazardous environment
  - Safety goggles or spectacles with side shields\*

chemical splash goggles\*



\*(ANSI Z87.1 approved)



**Vision Ready is  
Mission Ready!**

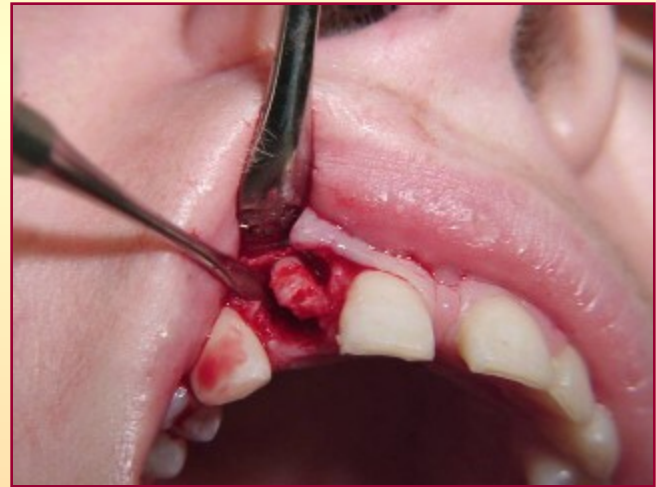
# MOUTH GUARDS

**Use This**



**OR**

**Lose These**





# ENVIRONMENTAL CONSIDERATIONS

- Consider environmental aspects of operations
- What was the area originally used for?
- Properly manage hazardous material
- Properly dispose of hazardous and medical waste
- Prevent oil and fuel spills
- Clean vehicles at proper locations
- Respect cultural and historical property
- Protect natural resources and the terrain



# ENVIRONMENTAL CONSIDERATIONS

- Hazardous Materials
- Hazardous Waste
- Medical Waste
- Refueling Points
- Spill Response
- Wastewater Discharge
- Decon Sites
- Latrines
- Burn pits
- Laundry and Bath
- Fuel Storage
- POL Storage
- Generators
- Special Wastes
- Burial Sites



# ENVIRONMENTAL AIR POLLUTION

- **Location of Air Pollution Sources**

- Burning or Damaged Buildings
- Open Burning/Waste Disposal
- Vehicle/Generator Exhaust



- **Contaminants**

- Dust, Silica, Asbestos, Lead
- Organic Vapors and Organic Gases

- **Industrial Facilities**



# TOXIC INDUSTRIAL CHEMICALS/MATERIALS

- OCONUS threat exists from accidental or **intentional** release of TICs/TIMs.
- CAUTION - There are many uncommon/unknown TIC/TIM sources in an OCONUS setting.
- Become familiar with individual response technique, such as shelter in place, and any emergency warning systems (if applicable). Make sure other unit members are also aware.
- Protective measures are chemical specific – rely on trained personnel for recommendations.
- There is no one size fits all protective measures – this includes MOPP gear.



# TOXIC INDUSTRIAL CHEMICALS / MATERIALS

- Personnel deployed in support of missions ranging from war to operations other than war may be exposed to harmful chemicals as a result of industrial accidents, sabotage, or the intentional or unintentional actions of enemy or friendly forces.

**Example Catastrophic Toxicological or Physical Hazards for Industrial Sites, Balkan States**



# OCCUPATIONAL HEALTH PRE-DEPLOYMENT

- Current Industrial Hygiene review of operations
- Engineering controls
- Supply of required Personal Protective Equipment (PPE)
- Hazard Communication (HAZCOM) training
- Personal Protective Equipment training
- Current medical surveillance





# OCCUPATIONAL HEALTH DEPLOYMENT

- Occupational Health Hazards
- Use your applicable control strategies
  - Elimination or substitution
  - Engineering control
  - Work Practices and administrative controls
  - Personal Protective Equipment
- Follow the PPE program requirements



# FIELD FACILITIES

## CONTROL OF HAZARDOUS EXPOSURES

- Garrison facilities include engineering controls to control chemical exposures
- In the field, additional efforts are needed to provide the same level of control for these occupational exposures
- Install and use safety countermeasures



# OCCUPATIONAL HAZARDS

- Exhaust from engines and fuel space heaters
- Gases from weapons firing
- Solvents used to clean weapons
- Chemicals and metals from vehicles and equipment
- Greases and oil from vehicle maintenance repair
- Detergents used to clean equipment
- Fuels and refueling operations
- Weapon systems: radiation energy, shock, vibration, noise

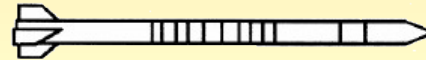


# DEPLETED URANIUM (DU)

- Depleted uranium (DU) is used in armor-piercing munitions and in enhanced tank armor protection
- DU can cause adverse health effects if it enters your body (inhaled, ingested, fragments).



## COUNTERMEASURES



- Receive Depleted Uranium Awareness Training
- Assume a DU contamination zone of 50 meters around actively burning fires involving any armored combat vehicles
- As with all battlefield debris-do not touch or move the object
- Notify authorities of the location of any debris
- Exercise standard field hygiene, to include washing hands and face
- No additional protective measures are required for handling unfired DU munitions other than those required for all munitions

# POST DEPLOYMENT

- Complete Post-Deployment Medical Health Assessment (DD FORM 2796)
- Receive post-deployment preventive medicine briefing
- Receive post-deployment screening, testing, and follow-up



# POST DEPLOYMENT

- Continue to seek counseling from Chaplain or medical personnel
- Homecoming Stress
  - Don't expect things to be exactly the same, especially if long deployment
  - Ease back into roles; don't rush it
  - Children may be withdrawn
  - Spouse may be moody or depressed
  - Financial and property issues may require immediate attention





# SUMMARY

- Review of *Guide to Staying Healthy*
- Preparation for Deployment
- Deployment
- Medical Threat
- Post Deployment



# CONCLUSION

- Health threat awareness and implementation of associated countermeasures discussed in the briefing are critical to all military missions (including combat, support, and sustaining base military and civilian forces). Apply this information during all phases of military operations, including training, pre-deployment, deployment, and post-deployment.





# Contact Your Local Preventive Medicine Service or Medical Support Unit for Additional Information



Prepared by:  
U.S. Army Center for Health Promotion and Preventive  
Medicine  
(800) 222-9698/ DSN 584-4375/(410) 436-4375  
<http://usachppm.apgea.army.mil>